

DRIVING:

Geriatricscareonline.org: [Clinicians Guide to Assessing and Counseling Older Drivers](#)

AAA.org AAA's Roadwise Review

Drive Well: A joint program of the American Society on Aging and NHTSA:
<https://www.nhtsa.gov/sites/nhtsa.dot.gov/files/documents/drivewelltk.pdf>

At the Crossroads: A Guide to Alzheimer's Disease, Dementia, and Driving. The Hartford

"We Need to Talk" Resource booklet for talking with older family members regarding concerns over their driving. www.thehartford.com/alzheimers

How to Understand and Influence Older Drivers. (National Highway Traffic/Safety Admin). www.nhtsa.gov

Drivers 65Plus Check Your Performance: A Self Rating Tool with Facts and Suggestions for Safe Driving. www.aaa.org

Short questionnaire tests important driving-related skills. Intended for drivers over 65, this booklet suggests measures to cope with any revealed deficiencies.
www.aaafoundation.org

Older Drivers: How Aging Affects Driving
nihseniorhealth.gov/older_drivers

University of Michigan: The Driving Decisions Workbook (University of Michigan): Free self-assessment tool with evidence that the workbook scores are positively correlated with on-road driving scores.

COGNITIVE ASSESSMENTS:

www.actonalz.org/provider-practice-tools

Clinical Provider Practice Tool: View video and webinar tutorials on administering and scoring cognitive screening instruments (MiniCog, SLUMS, MoCA)

Cleveland Clinic: Online cognitive/health assessment: healthybrains.org/brain-check-up/

GENERAL:

National Institute on Aging website: www.nia.nih.gov

www.dana.org Choose “Dana Alliances” from home page. Wealth of resource information.

Downloadable book that covers a variety of topics related to successful aging.
www.dana.org/Publications/SuccessfulAging

LIVING WELL: A Guide for Persons with Mild Cognitive Impairment (MCI) & Early Dementia. www.alz.org

Forgetfulness: Normal or Not
www.nia.nih.gov/health

Alzheimer’s Australia: www.fightdementia.org.au
Go to bottom and click on “help sheets.” Extensive listing of resources and education material available on a variety of topics.

National Institute of Senior Health: www.nihseniorhealth.gov
Health and wellness information for older adults. See the Memory and Mental Health sections

Dana Alliance for Brain Initiatives: www.dana.org
Offers excellent resource material covering a variety of topics.

Home safety checklist: www.cdc.gov

Home Safety for People with Alzheimer's Disease

Get home safety tips that help a person with Alzheimer's disease age in place. Learn what to do about driving, natural disasters, and more.

www.nia.nih.gov/alzheimers/publication/home-safety-people-alzheimers-disease/introduction

National Institute on Aging website: www.nia.nih.gov

Healthy Aging resource information on a variety of topics:

www.cdc.gov/aging/aginginfo/alzheimers.

Healthy Aging information specific to Alzheimer's:

www.cdc.gov/aging/mentalhealth/depression

AARP Brain Health Center: aarp.org/health/brain-health

Brain health material spanning brain games, exercises, lifestyle, diet choices and more

Alzheimer's Association: alz.org

National Institute on Aging Alzheimer's Disease www.nia.nih.gov/alzheimers
Alzheimer's related news, publications and information

<https://www.nia.nih.gov/health/brain-health-resource>

The Brain Health Resource is a presentation toolkit offering current, evidence-based information and resources to facilitate conversations with older people about brain health as we age. Designed for use at senior centers and in other community settings, materials are written in plain language and explain what people can do to help keep their brains functioning at their best.

Cleveland Clinic: Brain Health Guide

Healthy Aging information specific to depression:
www.cdc.gov/aging/mentalhealth/depression

Depression information: www.nia.nih.gov/health/depression-and-older-adults

Exercise for Depression: go4life.nia.nih.gov/sites

Depression in Late Life

www.gmhfonline.org

Health tips (general) older adults: <https://www.niddk.nih.gov/health-information/weight-management/health-tips-older-adults>

Link for ordering publications for consumers related to a wide variety of topics.
order.nia.nih.gov/view-all-publications

CDC information on Falls:
www.cdc.gov/HomeandRecreationalSafety/Falls/adultfalls

Healthy Aging: Hearing Loss: www.nidcd.nih.gov/health/hearing-loss-older-adults

Healthy Aging: Physical Activity:
www.cdc.gov/physicalactivity/basics/older_adults/index

Healthy Aging: Vision Loss: www.cdc.gov/features/healthyvision/index

Healthy Aging: Diabetes: www.nia.nih.gov/health/diabetes-older-people

Stay Independent Brochure includes checklist for risk of falling:
www.cdc.gov/steady/pdf/stay_independent_brochure-a.pdf

Check for Safety Brochure: Encourage patients to use this checklist to help identify and eliminate fall hazards in their home.

https://www.cdc.gov/steady/pdf/check_for_safety_brochure-a.pdf

Catalog of publications/patient handouts from the National Institutes of Health
catalog.ninds.nih.gov

Healthy Eating (Aging and general topics): www.nia.nih.gov/site-search/healthy_eating

EXERCISE

www.nih.gov/go4life (exercise program/suggestions)

Mall Walking Program (development and implementation):

www.cdc.gov/physicalactivity/downloads/mallwalking-guide

Go 4 Life Exercise/physical activity pamphlets/booklets ordering:

go4life.nia.nih.gov/free

Exercise Guide: go4life.nia.nih.gov/exercise-guide

Physical activity and brain health:

go4life.nia.nih.gov/sites/default/files/DoExerciseAndPhysicalActivityProtectTheBrain

Community Programs:

Contact a local Area Agency on Aging (AAA)

Contact a local Aging & Disability Resource Center (ADRC)

<http://eldercare.gov>

BEHAVIORS:

Family Caregiver Alliance www.caregiver.org Caregiver's Guide to Understanding Dementia Behaviors

Family Caregiver Alliance (excellent resources for dealing with behaviors).

www.caregiver.org

COMMUNICATION:

Communicating With Older Adults, an Evidence-Based Review of What Really Works. www.geron.org

EATING HEALTHY:

What's On Your Plate? Smart Food Choices for Healthy Living
<https://www.nia.nih.gov/health/publication/whats-your-plate>

Choosing healthy meals as you get older 10 healthy eating tips for people age 65+
www.choosemyplate.gov

DASH Diet
www.nhlbi.nih.gov